



Name _____

Act 1.2 Better Beverages

Beverage	Sugar teaspoons	Pro's – nutrients, etc	Con's -	Notes
1. Fruit				
1. 100% Juice				
1. Any Juice Beverage				
2. Water				
2. Diet Pop				
2. Regular Soda				
3. Propel/G2/Vit H2O				
3. Gatorade/Powerade				
3. Red Bull/Monster				
4. Skim Milk				
4. 2% Milk				
4. Whole Milk				

